



### Cold Asian Summer Rolls

**Yield: 8 summer rolls, 4 servings**

1 ½ teaspoon granulated sugar  
2 tablespoons of Soy Sauce or fermented fish sauce such as nuoc mam, or salt to taste  
2 teaspoons sesame oil  
Juice from one small lime  
12 ounces thin rice vermicelli

8 Rounds (6 to 8 inches in)  
4 large Boston or bibb lettuce, halved lengthwise  
½ cup coarsely shredded carrot  
½ cup, shredded cucumber  
¼ cup Mint leaves, washed and  
½ cup Fresh cilantro leaves  
¼ cup fresh thai basil leaves  
16 large shrimp, cooked and peeled with tails removed, sliced lengthwise

#### SPICY PEANUT SAUCE

1 tablespoon Vegetable oil  
3 Garlic cloves, minced  
½ teaspoon asian chili paste  
1 tablespoon Tomato paste  
¼ cup Creamy peanut butter  
3 tablespoons Hoisin sauce  
1 teaspoon Sugar  
¼ - 1 cup Water  
3 tablespoons Chopped roasted peanuts

1. Soak the rice vermicelli in warm water for 15 to 20 minutes and drain. In a large pot of boiling water cook the vermicelli for 2-3 minutes, or as noted on packaging. Rinse the vermicelli under cold water, strain, and shake dry in a colander.
2. In a medium bowl whisk together the sugar, soy sauce (fish sauce, or salt) and lime juice. Add the drained vermicelli to the sauce mixture and mix to coat.
3. **To assemble rolls:** Create a small assembly line with all your ingredients in different plates in front of you. Prepare a large pie dish with warm water, and damp paper towels to prevent your rice paper from drying out.
4. Immerse one sheet of rice paper in the water and let stand until pliable, about 10-15 seconds. Remove from water and allow excess water to drip off. While the water is dripping off, the rice paper will become more pliable.
5. Lay the pliable piece of rice paper on a damp kitchen towel or cutting board and lay one piece of lettuce over the bottom third of the rice paper. Arrange some of the rice noodles, shredded carrot, cucumber, mint leaves, and cilantro, on the lettuce leaf. Roll paper halfway up into a roll and fold both sides of the paper over the filling.
6. Lay 2 shrimp halves, cut side down and end to end, along the crease. Place a couple basil leaves along side the shrimp. Continue to roll the rice paper, pressing the edge against the roll to seal. Place the roll, seam side down, on a plate and cover with a damp towel.
7. Make more rolls in same manner with remaining ingredients. The prepared rolls will keep, covered with a damp towel or plastic wrap, for up to 3 hours.
8. **To make peanut sauce:** In a small saucepan heat oil over moderately high heat and cook the garlic and chili paste for 30 seconds.

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9. In a small bowl whisk the tomato paste, peanut butter, hoisin sauce, sugar and water. Add the mixture to the saucepan and whisk until smooth.
10. Simmer sauce for 2-3 minutes. If you would like a thinner sauce, add more water and taste and adjust seasoning.
11. Pour the peanut sauce into a small sauce bowl and sprinkle with chopped peanuts. Serve summer rolls with dipping sauce.

*Nutritional Analyses are Approximates\**

**Rolls Alone**

Calories 270	Calories from Fat 2	Total Fat 0.2g	Cholesterol 21mg
Sodium 385mg	Total Carbohydrates 63.2g	Dietary Fiber 0.8g	Sugars 1.4g
Protein 2.9 g			

**Peanut Sauce**

Calories 100	Calories from Fat 69	Total Fat 7.7 g	Saturated Fat 1.5g
Sodium 137mg	Total Carbohydrates 6.0g	Dietary Fiber 1.0g	Sugars 3.3g
Protein 3.3g			



### Summer Garden Vegetable Gazpacho

Makes 8 servings

- 2 cups seeded and coarsely chopped tomatoes, preferably very ripe
- 1 ½ cups peeled, seeded and coarsely chopped cucumber
- 1/3 cup seeded and coarsely chopped green bell pepper
- 1/3 cup seeded and coarsely chopped orange or yellow bell pepper
- 3/4 cup coarsely chopped red onion
- 1/4 cup coarsely chopped sweet Vidalia or Maui onion
- 1 stemmed and seeded jalapeño pepper, chopped (optional)
- 3 cloves of garlic, coarsely chopped
- 1 ½ teaspoon fresh oregano leaves
- 3 cups organic tomato juice
- 2 tablespoon extra-virgin olive oil
- Juice of one lemon
- 3 tablespoon balsamic vinegar
- 1 teaspoon sugar
- Salt and pepper to taste

#### **Optional garnish**

- Croutons
- Avocado Slices
- Cilantro or Italian Parsley

1. In a large container or bowl combine all ingredients together. If time allows, let the chopped ingredients marinate in the container or bowl overnight.
2. Using a food processor or blender, blend the gazpacho in batches. Blend the soup to your desired consistency, making sure not to over process if you want a chunky gazpacho.
3. Combine the batches of gazpacho together, taste and season again, adding more vinegar, sugar, salt and pepper to your liking. Chill the gazpacho completely before serving.
4. To serve, garnish with desired toppings.

#### **Tips:**

Reserve some chopped vegetables to serve in the pureed soup  
 Try different vegetables in the soup like watermelon in place of the tomatoes  
 If tomatoes aren't in season use canned tomatoes

*Nutritional Analyses are Approximates\**

#### Gazpacho

Calories 76	Calories from Fat 32	Total Fat 3.6g	Saturated Fat 0.5g
Sodium 249mg	Total Carbohydrates 10.9g	Dietary Fiber 1.6g	Sugars 7.9g
Protein 1.4g			

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### Summer Vegetable Gratin with Roasted Peppers

Serves 6-8 as a side

6 tablespoons extra-virgin olive oil  
1 pound zucchini , ends trimmed and sliced crosswise into 1/4-inch-thick slices  
2 teaspoons salt  
1 ½ pounds ripe tomatoes (3 to 4 large), sliced 1/4 inch thick  
2 medium sweet onions , halved lengthwise and sliced thin pole to pole (about 3 cups)  
¾ teaspoon ground black pepper  
3 medium garlic cloves , minced or pressed through garlic press (about 2 teaspoons)  
1 tablespoon minced fresh thyme leaves  
3 red peppers  
1 cup fresh bread crumbs  
4 ounces smoked mozzarella, shredded (1 cup), or regular mozzarella  
2 medium shallots , minced  
1/3 cup chopped fresh basil leaves

1. Adjust oven rack to upper-middle position and heat oven to 400 degrees. Brush 13- by 9-inch baking dish with 1 tablespoon oil; set aside.
2. **Roast Peppers:** To Roast Red Peppers on a gas cook top hold the whole fresh pepper with long tongs directly over the flame, or set the pepper directly on top of the cook top bracket. Turn the pepper frequently, as needed, until the skin has turned completely black and starts to blister from the flame. Place the blackened pepper (or peppers) into an airtight bowl or bag and let it rest for 10 to 15 minutes to build up steam. Remove from bowl, remove skin, cut, core and seed the pepper. Slice Peppers into long thin slices.
3. **Zucchini:** Toss zucchini slices with 1 teaspoon salt in large bowl; transfer to colander set over bowl and allow the zucchini to drain for about 45 minutes.
4. After draining the zucchini layer the zucchini on paper towels and press dry, making sure that you remove as much liquid as possible.
5. **Tomatoes:** Place tomato slices in single layer on double layer paper towels and sprinkle evenly with 1/2 teaspoon salt; let stand 30 minutes. Place second double layer paper towels on top of tomatoes and press firmly to dry tomatoes.
6. **Onions:** Meanwhile, heat 1 tablespoon oil in 12-inch nonstick skillet over medium heat until shimmering. Add onions, remaining salt, and pepper stirring occasionally, until onions are softened and dark golden brown, 10-15 minutes. Set onions aside.
7. **Assembly:** Combine garlic, 3 tablespoons oil, and thyme in small bowl. In a large bowl, toss zucchini and red peppers in half of oil mixture, then arrange in greased baking dish. Arrange caramelized onions in even layer over peppers.
8. Slightly overlap tomato slices in single layer on top of onions. Spoon remaining garlic-oil mixture evenly over tomatoes. Bake until vegetables are tender and tomatoes are starting to brown on edges, 40 to 45 minutes.
9. Combine bread crumbs, remaining tablespoon oil, mozzarella, and shallots in medium bowl. Remove baking dish from oven and increase heat to 450 degrees.
10. Sprinkle bread-crumb mixture evenly on top of tomatoes. Bake gratin until bubbling and cheese is lightly browned, 5 to 10 minutes. Sprinkle with basil and let sit at room temperature 10 minutes before serving.

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**Summer Vegetable Gratin with Roasted Peppers and Smoked Mozzarella (analysis for 8 servings)**

Calories 231	Calories from Fat 127	Total Fat 14.1 g	Saturated Fat 3.4 g
Sodium 768 mg	Total Carbohydrates 20.3g	Dietary Fiber 3.2g	Sugars 6.2g
Protein 7.7g		Cholesterol 8mg	



### Roasted Peaches with Lemon Lime Granita

**Serves 5**

**For Roasted Peaches**

- 1/3 cup sugar
- ¼ cup water
- ½ vanilla bean, split lengthwise, seeds scraped
- 1/2 cinnamon stick
- 5 small ripe peaches, halved and pitted

**For Lemon Lime Granita**

- 6 tablespoons fresh lemon juice
- 4 tablespoons fresh lime juice
- ½ teaspoon of lemon and lime zest
- ½ cup granulated sugar
- 1/3 cup water
- Mint, for garnish (optional)

1. **For the peaches:** Preheat the oven to 400°. In a small saucepan, combine the sugar with the water, vanilla bean and scrapings and cinnamon stick.
2. Cook over moderate heat, stirring frequently, until the sugar dissolves. Pour the syrup into a large baking dish. Arrange the peaches in the syrup, cut side up, and bake for 30 minutes, basting frequently.
3. For the granita: Put the sugar, water and zest into a small pan and stir over a low heat, until the mixture comes to a simmer and the sugar dissolves. Remove from the heat and cool.
4. Add the lemon and lime juice to the sugar mixture. Pour the mixture into a shallow freezer proof container with a lid, cover, and freeze until the mixture begins to freeze at the edges – about 2 hours.
5. Scrape all the ice from the sides of the box and break up into smaller crystals with a fork. Re-cover and return to the freezer. Repeat every 30 minutes, until you have a frozen but grainy mixture. Return to the freezer until you are ready to serve.
6. **To serve:** Place two peach halves on a plate and serve with the lemon lime granita and a sprig of mint.

*Nutritional Analyses are Approximates\**

#### Peaches

Calories 82	Calories from Fat 2	Total Fat 14.1 g	Saturated Fat 3.4 g
Protein 0.7g	Total Carbohydrates 20.9g	Dietary Fiber 1.2g	Sugars 19.9g

#### Lemon Lime Granita

Calories 85	Total Carbohydrates 22.6g	Protein 0.1g	Sugars 20.6g
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